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QUESTION 1

Your 50-year-old male client has recently been diagnosed with type 2 diabetes and is unsure about how and when to exercise in order to manage his blood sugar. Which of the following recommendations would you give the client?

- A. Encourage your client to exercise at the same time each day for better control and to avoid exercising during periods of peak insulin activity.
- B. Encourage your client to train with endurance activities, such as walking, swimming, and cycling, at an intensity % of cardiac reserve for long duration three days per week.
- C. Recommend that he inject insulin into the primary muscle groups that will be used during exercise because the insulin will be absorbed quickly, resulting in a better blood sugar balance.
- D. Explain that exercise should be curtailed if pre-exercise blood glucose is greater than 200 mg/dL or greater than 240 mg/dL with urinary ketone bodies.

Correct Answer: A

QUESTION 2

You are moving and intend to refer your clients to a new personal trainer. Your professional responsibility is to:

- A. Gather all the records on your clients to give to the new trainer.
- B. Obtain signed documentation to release your clients' records to the new trainer.
- C. Have the new trainer retest and evaluate your clients.
- D. Leave the records with the club manager.

Correct Answer: B

QUESTION 3

A blood pressure cuff that is too large will _____ blood pressure, and one that is too small will _____ blood pressure.

- A. Overestimate/overestimate
- B. Overestimate/underestimate
- C. Underestimate/underestimate
- D. Underestimate/overestimate

Correct Answer: B

QUESTION 4



During the initial consultation with a 38-year-old female, the personal trainer learns that the client is currently sedentary and does not enjoy exercise. The client's goal is to improve overall health and reduce body weight. Based on the information provided, what is the MOST appropriate exercise intensity for this client's cardiorespiratory training?

- A. A heart rate just below the first ventilatory threshold (VT1)
- B. A heart rate equal to 65% of the heart rate reserve using the Karvonen formula
- C. A heart rate equal to 80% of estimated maximum heart rate using the Gellish formula
- D. A rating of perceived exertion (RPE) to 6 on the category-ratio scale

Correct Answer: A

QUESTION 5

Which of the following descriptions represents an individual being at VT1?

- A. Easily being able to carry on a conversation
- B. No longer being able to speak comfortably
- C. Beginning blood lactate accumulation
- D. Using only carbohydrates as fuel

Correct Answer: A

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